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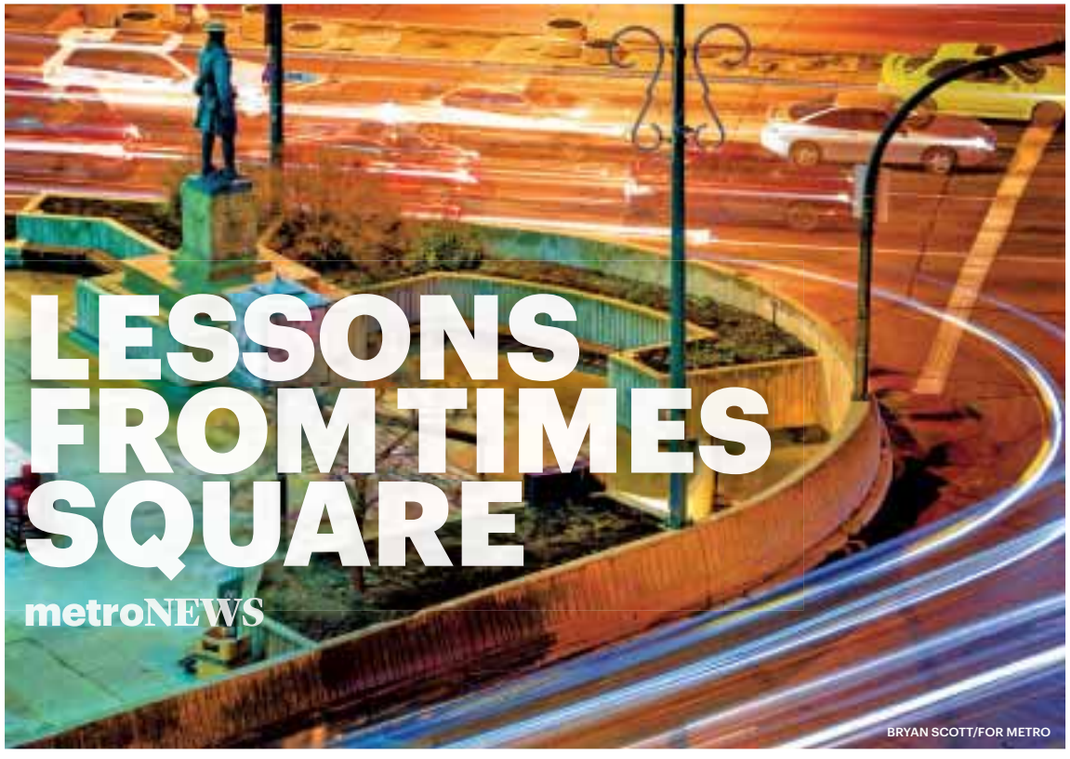

LESSONS FROM TIMES SQUARE

metroNEWS

BRYAN SCOTT/FOR METRO

Urban planner says all stakeholders should be involved when deciding on Portage and Main

Cabbies accused of racism

TAXI INDUSTRY

Indigenous woman calls for boycott

Some indigenous people say Winnipeg's taxi industry is rife with racism and are calling for a boycott until their concerns are addressed.

Jackie Traverse said she and other indigenous women are treated "like garbage" — subject to discrimination, sexual harassment and even assault. Drivers demand pay up front from indigenous passengers, if they stop to pick them up at all, she said.

Traverse has started a volunteer ride-sharing page for indigenous women and is calling for people to boycott the taxis.

"I'm hoping to hit them in the wallet," said Traverse, a 46-year-old artist. "We make up a good portion of their income and you don't treat customers like garbage."

Traverse said she's been forced out of a moving cab by a driver and was assaulted years ago but didn't press charges. She has resorted to waving money while trying to hail a cab just to get one to stop. She said she is almost always asked to pay up front.

"They shouldn't paint everybody with the same brush," she said.

Taxicab board chairman David Sanders said the board has received a few complaints and acts quickly to investigate when they come up. But he said people often wait too long to lodge a complaint or don't show up to a formal hearing, which makes it harder to address. THE CANADIAN PRESS

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Your essential daily news

Assange says he will exit embassy and risk arrest after UN panel's ruling. **World**

City of Winnipeg Supervisor of Waste Diversion, Randy Park, shows off an example green bin and household compost container that would be used if Winnipeg implemented an organics pickup program. STEPHANIE TAYLOR/METRO

City plans new fees for organics pickup

WASTE PROGRAM

Costs would range from $55-100 per household

Stephanie Taylor
Metro | Winnipeg

Winnipeg homeowners could start paying extra cash to get a new green cart at the curb.

Randy Park, the city's supervisor of waste diversion, said Thursday public consultation would begin later this month or early March on three options for a long-awaited organics pick-up program.

The basic program, he said, would see only vegetable and fruit waste collected, and would carry a price tag of $55 to $65 per household.

Collection of all food waste, including dairy and meat, would cost homeowners between $60 and $70, while a more enhanced program that would collect animal as well as food waste would mean a fee upward of $100 per home.

"We have to be responsible for the waste that we're diverting," Park told reporters Thursday.

"We are probably one of the only few major cities in Canada that really don't have a comprehensive organics program."

Park said feedback from the upcoming public consultation sessions would help inform which option staff selects in a report that will hopefully be tabled before council by the summer, Park said.

"It's extremely important that we hear back from the public, we're giving them these three options. We want to know how this is going to affect them at home... It's time to actually address the issue of organic waste."

TIMELINE

If approved, Park said the full program could take three to five years to implement, with an option to launch a pilot program in the meantime.

FISCAL PERFORMANCE

Selinger ranks low on 'deficits and debt'

Braeden Jones
Metro | Winnipeg

Greg Selinger is a middle-of-the-pack premier, fiscally speaking.

In the Fraser Institute's annual measurement of the fiscal performance of Canada's Premiers released Thursday, Selinger finished fifth out of 10 premiers.

The relative performance of fiscal policy action is measured up to the 2014-15 fiscal year.

Of the 10 ranked premiers, six are serving and four are former. Against his peers still in office, Selinger scored better than only one, Ontario Premier Kathleen Wynne, and trails four others.

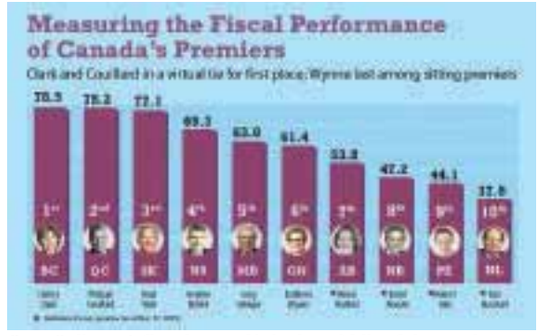
Scores are given for government spending, taxes, deficits and debt to accrue an aggregate score out of 100.

Selinger scored 63.0 overall, a 66.4 in spending and 67.3 in corporate income tax, which is based on the province's existing corporate income tax rate and the average annual change in the rate over the premier's tenure.

He also scored a 58.2 on "deficits and debt," which, according to the report, measures the premier's use of deficit financing for government spending.

Brad Wall of Saskatchewan scored a perfect 100 for recording an operating surplus and reducing net debt.

Selinger and a cadre of others, including Nova Scotia's Stephen McNeil, former PEI Premier Robert Ghiz and Wynne scored greater than 50, "although all of them ran a deficit, on average, and increased the provincial government debt burden during their tenures."



Greg Selinger's fiscal record is in the middle of the road, says the Fraser Institute. FRASER INSTITUTE/HANDOUT

FORT ROUGE

Bokhari knows race may get hot

When Wab Kinew tossed his hat into the Fort Rouge constituency for the provincial New Democratic Party, Manitoba's political sector turned its collective head toward the Liberal candidate in that riding — party leader Rana Bokhari.

But on that day, Bokhari had little to say outside of a single sentence circulated to media: "I like Wab Kinew, but residents of Fort Rouge know a vote for Wab is a vote for Greg Selinger."

At a media event to discuss her party's plan for the arts on Thursday, Bokhari pointed figuratively to the outgoing incumbent — NDP MLA Jennifer Howard — when explaining how Kinew's entrance didn't force her to change her campaign plan.

"No one ever said it was going to be easy for me," she said. "I walked in knowing I was up against Jennifer Howard."

Bokhari was complimentary of Kinew, saying that "it's good for our province to have younger people" jumping into politics.

But she added she is still "committed to doing what I have to do, and knocking on those doors, and sending the message through."

When Bokhari was asked if she had diverted party volunteers from other ridings to bolster her campaign team in Fort Rouge,

Bokhari said sharing volunteers between campaigns is "what any organized team does," but she doesn't think volunteers have been assigned there "since his announcement."

BRAEDEN JONES/METRO

Liberal leader Rana Bokhari speaks to media Thursday. BRAEDEN JONES/METRO

Liberals vow boost to arts and culture

MANITOBA ELECTION 2016

Leader pitches more cash for tourism, too

Braeden Jones
Metro | Winnipeg

The Manitoba Liberal party is promising to "enhance" the provincial arts scene if given the chance to form government, but can't say what that would cost.

Leader Rana Bokhari said she'd find the extra money to improve cultural facilities, whatever the amount might be, in the existing infrastructure budget.

"Infrastructure is more than just bridges and highways, and roads and pipes," Bokhari said. "It is social infrastructure, it is cultural infrastructure, and we need to take a much more broader approach to that."

She said tourism and the arts have the "potential to grow our economy."

But when it comes to putting a dollar amount to the investment she'd hope to see a return on, she says it would be determined with help from arts stakeholders,

> **"Infrastructure is more than just ... roads and pipes."**
> Rana Bokhari

"because they know."

"I have been in conversations with them… they have said their current infrastructure hasn't really kept up with inflation," she said. "Maybe it's just bumping (funding) up to inflation, but I know that Tourism Manitoba... will require some investment."

To firm up where money should go, the Liberals would hold consultations, and would also set up a new "Premier's advisory council on the arts" to "advise on developing new cultural policy for the province."

"It's also to enhance the cultural work force and have a work force strategy," Bokhari said.

Bokhari also reaffirmed her commitment to divert one full percentage point of provincial sales tax to municipalities for infrastructure projects.

"I've committed (that) to municipalities… on a permanent basis. That's the new funding model if we are moving forward with a Liberal government."

NDP

Lemieux ponders quitting

Manitoba's New Democrats could lose another longtime member before the April 19 provincial election.

Tourism Minister Ron Lemieux has been nominated to run for re-election in the Dawson Trail constituency but says he has yet to make a final commitment.

He says he will talk to his family soon and knows the clock is ticking.

Other high-profile members have decided to quit in recent weeks.

They include Justice Minister Gord Mackintosh and former finance minister Jennifer Howard.

Lemieux, who is 65, was first elected to the legislature in 1999 and has held a variety of cabinet positions, including transportation and education.

"I really need to have that discussion with my family, to make sure they're really behind me 110 per cent," Lemieux said Thursday.

"When you're running as a politician and you make that commitment for four years going down the road, that impacts on one's family and everyone else around you."

THE CANADIAN PRESS

Ron Lemieux METRO FILE

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No matter who ends up premier, rail and transportation issues will continue to be at the forefront, says Diane Gray. CONTRIBUTED

Rail reality awaits next premier

MANITOBA ELECTION 2016

Transportation issues reviewed at symposium

Braeden Jones
Metro | Winnipeg

While party leaders were jostling and announcing plans incrementally before the provincial election, the legal community was holding a conference to discuss what could become some of the most significant issues for the next government.

At Thursday's Transportation Law Symposium, a panel of experts discussed "emerging issues for transportation in Canada."

"I think no matter who is forming the next government, issues related to the interface between rail and roads is going to continue to be something that needs to be managed," said CentrePort Canada CEO Diane Gray, who was on the panel.

She explained how the success of Manitoba's economic development plan, anchored by CentrePort and the promise of efficient tri-modal transportation, depends on the evolution of policies and regulations.

Rail rationalizing is near the top of the to-do list, as is harmonizing shipping standards across provincial lines and accommodating an evolving trucking industry.

"We need to continue to ensure we are designing infrastructure that not only supports the trucking industry today but the way it's emerging and may look," Gray said. "That means wider intersections, wider turning lanes, those kinds of issues."

She said it's not a hot topic and might "sound a little boring," but "design standards" for highways will be an issue as long trucks with multiple loads require provincial highways to evolve.

"I think these are not hurdles, they are just things that no matter what province or government is looking at them, they are real issues," she said.

ECONOMY

NDP to issue fiscal update before campaign

Manitoba's NDP government plans to table a fiscal update days before launching a provincial election campaign, Premier Greg Selinger said Thursday.

The document March 8 will lay out the government's spending priorities in broad terms but won't have details like a full budget would.

Selinger all but confirmed a cornerstone of the plan will be a new surtax on high-income earners that will be at least partially offset by cuts for the middle class.

"We are seriously looking at providing relief to middle-income and working families — modest tax relief — and looking at how we can do that in terms of redistributing some income from those at the very top," Selinger said.

"We are taking a very serious look at it, and the details will appear in the fiscal update."

Documents obtained under the province's freedom-of-information law show the government analyzed possible effects of a surtax last fall. The details have been withheld under a section of the law that protects advice for policy-making.

Selinger would not say at what income level a surtax might apply. Alberta's NDP government replaced the province's flat 10 per cent income-tax rate with a series of higher income-tax brackets for people earning more than $125,000 annually.

Selinger said the fiscal update will also focus on the government's plans to boost infrastructure spending and create jobs, as well as on a long-standing promise to create thousands of child-care spaces.

The document will serve as an NDP platform for the April 19 provincial election.

Having a fiscal update instead of a formal budget will free up legislature time for other matters. A fiscal update can be passed quickly, while a budget requires at least eight days of debate. THE CANADIAN PRESS

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Times Square pro's Portage, Main plan

DEVELOPMENT

Tim Tompkins says property owners are 'interested'

Stephanie Taylor
Metro | Winnipeg

Tim Tompkins has a lot more questions than answers.

The man credited as the expert who helped New York City's iconic Times Square open to pedestrians is visiting Winnipeg this week, sharing advice with city officials and property owners at Portage and Main about reopening the historic intersection to those on foot.

Thompson was careful not to make a case for leaving the barricades up or tearing them down, or how the city should devise a plan on how to bring them down if that's the decision that is made.

"What works and makes sense for Times Square probably doesn't make sense necessarily specifically for a place like Winnipeg," he said.

"The most important thing is really understanding the process that we went through, and I think that's why I was invited here."

That process, he explained, will involve undertaking a consultative process in order to balance the needs of different stakeholders who use the intersection, from pedestrians and motorists, to urbanists and affected business owners.

"How do we serve all those needs, and ask the right questions so we can come up with the right answers," Tompkins said.

He said he met with some property owners Thursday, whom he characterized as willing to have a conversation about the proposed plan.

"For them," he says, "the question is what's going to be good long-term for the life, not only of their property, but for the neighbourhood and the city itself."

The barricades have been up for nearly 40 years, and Mayor Brian Bowman pledged to bring them down while on the campaign trail.

Expert **Tim Tompkins** speaks to media Thursday during his visit to Winnipeg to discuss the opening of Portage and Main. STEPHANIE TAYLOR/METRO

TRAVEL

'Journey to Churchill' exhibit praised by Destination Canada

An exhibit on northern Manitoba at Winnipeg's zoo has been designated as a "Canadian signature experience"

The Assiniboine Park Conservancy announced the news in a release issued Thursday.

They say the exhibit — Journey to Churchill — housed within the Assiniboine Park Zoo, was recently added to Destination Canada's Canadian Signature Experience program, which, the release says, showcases "the rich diversity of Canada's landscape, people and culture through innovative travel experiences all ages can enjoy."

"We're very proud that Journey to Churchill is now part of this exclusive and authentic collection of travel experiences," Margaret Redmond, president and CEO of the conservancy, said in Thursday's release.

Patrons come face to face with a polar bear as part of Journey to Churchill. METRO

On their website, the zoo describes the exhibit as "the most comprehensive northern species exhibit of its kind in the world," featuring a variety of wildlife from the Arctic fox to polar bears.

They say zoo visitors now taking part in Destination Canada's program will be taken on a private tour of the exhibit, including laboratories at the Leatherdale International Polar Bear Conservation Centre.

Visitors will also have a chance to join a zookeeper for "an up-close animal encounter" with one of the zoo's nine polar bears, the release says. METRO

The remains of **Teresa Robinson** were found last May. CONTRIBUTED

Men, boys tested in killing of girl, 11

GARDEN HILL

RCMP collects DNA samples on remote First Nation

The RCMP have asked men and boys between 15 and 50, on a remote northern Manitoba First Nation, to provide DNA samples as part of the investigation into the slaying of an 11-year-old girl.

Garden Hill First Nation is located about 650 kilometres northeast of Winnipeg.

Sgt. Bert Paquet says the request for samples was made in the case of Teresa Robinson, whose remains were found last May during a search of the area.

She had left a birthday party several days earlier and did not return home.

Initially, it was believed she was the victim of a bear attack but RCMP later determined that although animals had likely disturbed her remains, there was no evidence to suggest they played a role in her death.

They determined the case was a homicide.

"While we are not in a position to discuss all the specifics of this ongoing case, we can confirm that our investigators have collected DNA samples from males of Garden Hill First Nation as one of several techniques used by officers assigned to the case," said Paquet.

> **Our investigators will continue to utilize all available resources.**
> RCMP Sgt. Bert Paquet

"Our investigators have been and will continue to utilize all available resources and investigative techniques in order to solve this horrible crime and bring closure to the family and the community."

THE CANADIAN PRESS

RESPECT

Portage Place's treatment of decorated vet draws protest

Dozens of people have staged a protest at Winnipeg's Portage Place shopping mall over the expulsion on the weekend of a decorated war veteran and respected elder.

Joseph Meconse said he and a friend sat down to tea in the mall's food court on Saturday when a security guard approached him and told him he had half an hour before he would have to leave.

Meconse said he then went to get a plate of food and as he was eating, the guard returned and told him he had to leave immediately.

Meconse, 74, joined the military at the age of 20 and served for a decade at posts in Germany and Cyprus.

When he eventually came home to work as a corrections officer, it was as a decorated soldier with a chest full of medals.

He later was made a member of the Order of Manitoba.

Officials with the mall said they had no comment on the incident.

"It felt like I was degraded," Meconse said Wednesday. "All the things I've done for the public, for our people, been in the armed forces, but this little guy (the guard) has no respect for anybody.

"We're not animals (but) sometimes we're treated like it."

Meconse attended Wednesday's protest, receiving hugs and handshakes from supporters as singers and drummers performed.

It was a similar scene to a protest in March 2013, when hundreds gathered at the mall in support of an 80-year-old woman who had been asked to leave when she sat on a planter to catch her breath.

"The security is being very disrespectful with our people," one protester said Wednesday. "It seems like they always bother us."

THE CANADIAN PRESS

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DeCoutere reveals 'ironic' karaoke duet

GHOMESHI TRIAL

Said accused joined her mid-song on 'Hit Me Baby'

The only complainant whose name is not covered by a publication ban took the stand Thursday in the sexual assault trial of Jian Ghomeshi.

Trailer Park Boys actor Lucy DeCoutere said that months after Ghomeshi allegedly choked and slapped her, they met at a karaoke event in Banff, where he joined her onstage mid-song to perform a duet of Britney Spears song "Hit Me Baby One More Time."

She called the song choice "intensely ironic."

When cross-examination began, Ghomeshi's lawyer, Marie Henein, questioned how well DeCoutere could recall the night, because she had apparently added more details while testifying in court that did not emerge in 19 police and media interviews.

In this courtroom sketch, witness Lucy DeCoutere, second from right, is questioned by Crown attorney Corie Langdon, right, as Jian Ghomeshi, bottom left, and Justice William Horkins listen in court in Toronto on Thursday. THE CANADIAN PRESS

Henein said DeCoutere had added details about pauses between slaps and kissing Ghomeshi good night.

The lawyer pressed DeCoutere on why she chose to cuddle and kiss Ghomeshi that night, and attend several events with him over the following week.

She showed the court images of the actor smiling at brunch with Ghomeshi.

DeCoutere responded she did so because the "way he was with me after he assaulted (me), I felt like I missed something. I was just checking."

Henein asked why she originally said she did not want to press charges, but later wrote in messages that she wanted Ghomeshi "f---ing decimated" and "the guy is a s---show."

DeCoutere allegedly told a friend that she was excited for the trial because it would be "theatre at its best," according to Henein.

TORSTAR NEWS SERVICE

NEW DETAILS

In addition to the karaoke event, DeCoutere said she later saw him at the Gemini Awards, where he allegedly put his hand on her throat. She also appeared on his CBC show, Q, to promote Trailer Park Boys.

SYRIAN CRISIS

Calgary opens arms to first refugee baby

Lucie Edwardson
Metro | Calgary

The very first Syrian refugee baby born in Calgary — and possibly in Canada — since the government's commitment to resettle 25,000 Syrian refugees was welcomed into the world in the early hours of Tuesday morning.

But the birth of baby Mohammad Al Masalma has quite the story to go along with it.

"I wasn't expecting to be here when I had the baby," said the mother, Seham Talab through a translator. "But, I feel so grateful."

Mohammad Al Masalma
JENNIFER FRIESEN/FOR METRO

Talab went in for a clinic appointment Tuesday, not expecting to have her baby that day, and was rushed to the hospital where she was told she was in labour — already four centimetres dilated.

While husband Yahya Al Masalma was at home caring for their other children, two volunteers from the Syrian Refugee Support group stepped up to help Talab through the delivery.

"She's in a new country, she doesn't speak any English and in her country they do things very differently there," said Ronnie Saadeh, who rushed to be by Talab's side when she heard what was happening.

Sereen Bishawi, the other volunteer who helped Talab through the birth of Mohammad said it was actually the first time they had ever met her.

Talab, who, along with her husband came direct to Canada from the Syrian border town of Daraa, said she feels like Saadeh and Bishawi are now her family.

"I feel like they're my sisters," said Talab.

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Big-city mayors seeking big bucks

The mayors of Canada's largest cities are in Ottawa to make their pitches for federal funding, and this time, the prime minister will hear their requests. Metro compiled a list of "The Big Asks" from seven of the nation's biggest hubs. Here's what the leaders are looking for from the federal government.

1 Halifax
Mayor Mike Savage said Thursday he's looking for as much money as he can get from the federal government for infrastructure projects in his city. He said there is $2 billion in work that needs to be done over the next two decades to bring the city's aging water infrastructure up to environmental standards and to sustain the city's growing population.

2 Ottawa
Mayor Jim Watson is asking the federal government for funding for the $3-billion Phase 2 of the city's light rail transit. Watson noted they already have that commitment from the prime minister. However, he is also asking for funding for affordable housing, and for the feds to cut the red tape so municipalities can get the infrastructure cash quicker.

3 Toronto
Mayor John Tory has made it clear he wants federal funding to be "fair and stable" so cities can budget effectively. In terms of specifics, he's asking the federal government to cover one-third of the estimated $2.6 billion in repair backlog at Toronto Community Housing. Tory also wants federal cash for projects like the city's downtown relief line and a waterfront LRT.

4 Winnipeg
Mayor Brian Bowman has three priorities: transit, infrastructure and the environment. While he wouldn't get into specific dollar amounts, Winnipeg has several massive projects on the horizon, including the second phase of a six-phase rapid transit system ($590 million) and preventing the city's ancient sewers from overflowing into the rivers ($1.2 billion).

5 Calgary
Mayor Naheed Nenshi is also asking for infrastructure money. He wants a block funding setup with reporting mechanisms that allow cities to use federal money for projects right away, such as in the area of local affordable housing. He also hopes the mayors talk about cities' roles in climate change and how they can support the feds in what they're trying to accomplish.

6 Edmonton
Mayor Don Iveson is hoping the "unprecedented" access that big city mayors are getting from the federal government this week could mean support for social and affordable housing, as well as funding for the city's LRT. Iveson said over the next decade he would like to be able to expand light rail transit.

7 Vancouver
Mayor Gregor Robertson plans to leverage $250 million worth of city-owned land to entice the federal government into building new affordable housing. He is asking the feds for $500 million over five years to build 3,500 units of social housing on 20 city-owned sites. It's the largest housing proposal ever made by a civic government to Canada.

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1 A Syrian boy walks in Kawergosk refugee camp in northern Iraq carrying a plate with boiled potatoes. Syrian refugees in Iraq are struggling to feed themselves as cash-strapped aid agencies scale back assistance.

2 Rania, a Syrian refugee, prepares a meal for her family in their tent in Kawergosk refugee camp in northern Iraq.

3 Fauzia Ahmad holds her son inside their tent in Kawergosk refugee camp. Ahmad's family has not received a food donation in several months. PHOTOS: ALICE MARTINS/THE ASSOCIATED PRESS

IRAQ

Syrian families struggle for food

Perwin Shamsaddeen Ali, a Syrian refugee living in a tent camp in northern Iraq, has been reduced to cooking one meal a day for her family of four.

"I cook at 11 o'clock and we eat the leftovers in the evening. Why? Because we have no more food, that's why," the 28-year-old mother of two said. "Today I gave the kids some noodles, that's all. That's all we had."

As aid agencies struggle to keep pace with the worst refugee crisis since the Second World War, they have been forced to cut back on assistance, including food rations.

A funding shortfall last year forced the World Food Program, the UN agency responsible for feeding the refugees, to cut back.

Some refugees say the vouchers the WFP uses to provide aid exacerbates the problem, since it can only be used in the camp's supermarket, where goods are more expensive than outside.

The WFP says its Iraq operation was 61 per cent underfunded last year.

THE ASSOCIATED PRESS

GLOBAL PLEDGE

World leaders pledged more than $10 billion Thursday to fund schools, shelter and jobs for Syrian refugees, money that British Prime Minister David Cameron said "will save lives, will give hope, will give people the chance of a future."

THE ASSOCIATED PRESS

Assange asylum to end with UN ruling

UNITED NATIONS

WikiLeaks chief risking arrest, but expects to walk free

WikiLeaks founder Julian Assange says he will step out of the Ecuadorian embassy in London on Friday after more than three years of self-imposed refuge from British authorities.

The exit is timed to come one hour after a UN panel on arbitrary detention is set to release its findings on his case.

In a statement posted on the WikiLeaks Twitter account, Assange said he would accept arrest if the UN panel ruled against him, but expected to be allowed to walk free if the ruling was in his favour.

If the UN finds that his confinement to the embassy is lawful, Assange said, "I shall exit the embassy at noon on Friday to accept arrest by British police as there is no meaningful prospect of further appeal.

"However, should I prevail and the state parties be found to have acted unlawfully, I expect the immediate return (of) my passport and the termination of further attempts to arrest me," he wrote.

The Swedish foreign ministry confirmed Thursday that it had seen a copy of the panel's findings and that it had ruled Assange's detention is "arbitrary."

British authorities say their operation to arrest Assange hasn't been altered, and "should he leave the Embassy (police) will make every effort to arrest him."

Assange was granted asylum by Ecuador and has been living in its embassy in London since June 2012, shortly after he lost his bid to overturn an extradition request from Sweden, where he is wanted for questioning about an alleged sexual assault.

While he has no problem facing those allegations, Assange's lawyer says he suspects that once in Sweden he will be extradited again to the United States, where he is the subject of an espionage investigation stemming from the thousands of secret government documents published by WikiLeaks.

Julian Assange THE ASSOCIATED PRESS FILE

"International law is quite clear that detention is not voluntary where one's only two choices are confinement or a risk of persecution," wrote Carey Shenkman, a human rights lawyer who represents Assange in the United States.

"In other words, Mr. Assange's stay in the embassy is coerced and cannot be said to be self-imposed . . . Assange faces a serious risk of onward extradition to the United States, where he faces persecution and inhumane treatment."

TORSTAR NEWS SERVICE

JAPAN

Petition seeks elephant relocation

In the humble zoo, among the small cages of owls, guinea pigs and raccoons, Japan's oldest elephant stands in a concrete pen about the size of half of a basketball court. She drinks sugar water from a bucket and munches on bananas with her last remaining tooth while a debate is being waged about where she should live out her final years.

A gift from the Thai government in 1949, Hanako, or "flower child," has lived in a zoo since she was 2, and her current 69 years is about the lifespan of captive Asian elephants.

An online petition wants her to be moved to a Thai sanctuary, to live in a natural, grassy habitat where elephants can romp.

Canadian Ulara Nakagawa, whose blog posts inspired the petition drive, says Japan's views on animal welfare at zoos lag behind a global move toward mimicking natural environments at zoos.

"I've always had a powerful connection to elephants," Nakagawa said. "My Hanako thing is just one small act that I'm trying to do." THE ASSOCIATED PRESS

Hanako, a 69-year-old elephant EUGENE HOSHIKO/ THE ASSOCIATED PRESS

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CRTC unlocks Super Bowl ads

TELEVISION

Bell challenges regulator's 'arbitrary' decision

A baby expounding on the benefits of online stock trading. A pint-sized Darth Vader using the Force to power his father's sedan. Burt Reynolds being kicked by a bear.

Americans watching the Super Bowl are fed big-budget, celebrity-heavy commercials that have become almost as big a draw as the game itself, and Canadians have been missing out — but not for much longer.

This year could be the last in which Canadians are prevented from watching American commercials during the big game after the CRTC ruled that the U.S. ads were an integral part of the Super Bowl broadcast.

The federal regulator ordered Bell, which owns the exclusive rights to the NFL championship through 2019, to stop inserting Canadian ads for customers watching the game on an American channel.

That means that after the new rule comes into effect in 2017, Canadians who want to watch the U.S. ads during the Super Bowl can simply switch over from CTV to Fox, which has the U.S. broadcast rights next year.

Perry MacDonald, who heads Bell's English-language TV business, said the CRTC's "arbitrary" decision makes no sense given the importance of ad revenues beyond his company's bottom line. Bell is challenging the decision in the Federal Court of Appeal, and the NFL has filed a brief supporting the claim.

MacDonald said many of the U.S. ads are available online. He said the CRTC's ruling hurts the ability of Canadian companies to reach their market and harms Bell's ability to promote Canadian shows.

Some U.S. ads make their way to the Canadian airwaves, but most do not. And despite the lack of U.S. ads, the game remains one of the highest-rated TV shows in Canada.

Broadcasters taking the American feeds of events like the Academy Awards or shows such as Survivor and inserting their own commercials, a practice known as simultaneous substitution, has long been a part of the Canadian TV landscape.

The practice has generated millions for the Canadian TV industry and given Canadian advertisers a way to access their local market for far less than it would cost to run a commercial on a U.S. network.

When it decided to carve out an exception for the Super Bowl, the CRTC said one of its biggest complaints about simultaneous substitution was from Canadians complaining about missing out on U.S. ads during the game. THE CANADIAN PRESS

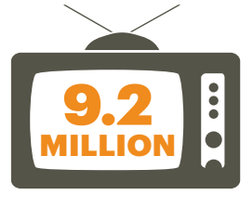
Game's big numbers

1
1,300,000,000 chicken wings will be eaten in the U.S. alone

2
100,000,000 chicken wings will be eaten in Canada

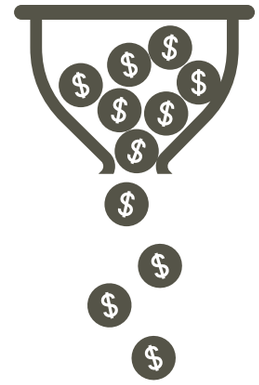
It might seem like a stretch, but Canadians don't fall short on the wing-eating.

3
Endless eyes
For business owners, the game is a great advertising opportunity if you can afford it.



Average number of Canadians who tuned in for the 2015 Super Bowl

4



According to Les Moonves the price for a 30-second commercial will be **"north of five million dollars"**

Each second costs more than

$166,000

GRAPHIC BY ANDRES PLANA

RRSP AND TFSA ACCOUNTS

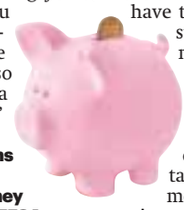
Tax bracket, goals key to savings pick

In a perfect world, people would have enough money to top up both their RRSP and TFSA accounts. But that's probably not the case.

Investment advisers say deciding where to put savings depends on what people are saving for and where they fall within tax brackets.

Angela Dzinas, regional director for Alterna Savings in Ottawa, says investors may not know their exact marginal tax rate, but they need to understand where they are today and where they expect to be in the future.

"RRSPs tend to be beneficial in your peak earning years, especially if you believe at retirement your income will come down so that you'll be in a lower tax bracket," she said.



Gains on money in a TFSA are tax-free. ISTOCK

When people put money into an RRSP account they are able to deduct their contributions from their income, a move that allows them to defer the tax they would otherwise have to pay. When retirees start withdrawing their nest egg, the money is taxed as income.

In contrast, when money is put into a TFSA, there's no deduction on an income-tax return. But when the money is withdrawn, any investment gains that may have been earned are tax-free.

For those in the lowest tax bracket, contributing to an RRSP may offer little advantage over a TFSA.

In addition to the tax bracket, what investors are saving for is important.

RRSPs are designed to help save for retirement. But TFSAs can be used for just about anything and when money is withdrawn, there's no tax to pay. They can be used as an emergency fund.

THE CANADIAN PRESS

market minute

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TSX
12,774.50 (+181.48)

OIL
$31.72 US (–56¢)

GOLD
$1,157.50 US (+$16.20)

NATURAL GAS: $1.972 US (–6.6¢)
DOW JONES: 16,416.58 (+79.92)

IN BRIEF

Diabetes cure tested
Johnson & Johnson and ViaCyte have begun testing stem-cell treatment in diabetic patients that could end the need for insulin.
THE ASSOCIATED PRESS

Another airbag problem
Continental Automotive Systems says moisture can get inside its airbag control computers. This issue will lead to recalls of up to 5 million vehicles worldwide.
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metro VIEWS
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Weekend, February 5-7, 2016

EMMA TEITEL ON A POISONOUS PICKUP ARTIST

Roosh V's misogynistic ideology borrows more from the Middle Ages than Tucker Max; a man who says he won't even speak to female reporters because he doesn't respect their work.

A few years ago, while covering the burgeoning men's rights movement, I attended a lecture at the University of Toronto by Janice Fiamengo, a Canadian academic and self-avowed "anti-feminist" who believes women's studies programs erode free speech.

The event was attended, not surprisingly, by men's rights activists who were spellbound by Fiamengo's gospel of unrepentant political incorrectness. But most noticeably, they seemed spellbound by Fiamengo herself.

Here was a real live woman who didn't ridicule them or write them off as quacks; a real live woman who (to borrow a line from Bridget Jones's Diary) appeared to love them "just as they were."

Yes, it's likely that a lot of these guys were sexist or paranoid; socially awkward, serially jilted, libertarians or disgruntled divorced dads peeved at what they believed was a rigged family court system. But I got the distinct impression that they would happily eject their creepy worldview if a woman actually gave them the time of day. In other words, their loneliness was way more palpable than their anger.

They weren't monsters, they were just jerks.

This is not the impression I get from Roosh V, a.k.a. Daryush Valizadeh, the "neo-masculinist" American pickup artist, whose misogynistic ideology borrows more from the Middle Ages than Tucker Max; a man who says he won't even speak to female reporters because he doesn't respect their work. (Needless to say, he did not respond to my request for comment.)

Valizadeh, 36, runs Return of Kings (ROK), a website that churns out editorials advocating the repeal of women's suffrage, increased dating of women with eating disorders, and most notoriously, (in a column from last year called "How to Stop Rape") the legalization of rape, which he argues would prompt women to take greater measures to protect their bodies from unwanted advances. Surreally, Roosh says media have mischaracterized him: He is actually the anti-feminist Jonathan Swift, and "How to Stop Rape," is actually "satire."

This last claim is so absurd it seems absurd to go crazy about it. Even if it were true, is the average male visitor to Roosh's website a guy who's likely to be attuned to satire? Or is he a guy who's likely to believe that professional wrestling is real?

Why this interest in the pickup artist formerly known as Daryush? Because this past week Roosh set off a firestorm of protest when he announced that this weekend he would be hosting an "international meetup" for his followers, in bars and cafes around the world. But widespread and very vocal condemnation of Return of Kings — and "How to Stop Rape" in particular — by activists and politicians, including several Canadian mayors, apparently spooked him. Valizadeh cancelled the event, citing, what else, safety concerns.

The question now is: should everyone have made such a fuss? Were the planned protests and protestations of high dudgeon really necessary? Or should we have concluded, as columnist Charlotte Lytton did in the U.K.'s the Daily Telegraph this week, that Valizadeh's ideas are "so absurd, so pointless and idiotic, that taking them as a joke often seems like the only appropriate response."

STONE AGE AND SCARY The coolest response to the vitriol of Roosh V (Daryush Valizadeh) may be to ignore him, Emma Teitel writes, but the self-styled "neo-masculinist" blogger is worse than the typical troll.
BARTEK KUCHARCZYK/TORSTAR NEWS SERVICE

The answer is no. It may always be cooler to sit back and laugh, but even if Valizadeh is the satirist he claims to be and the entire ROK website is a trolling project of Sacha Baron Cohen proportion, we should be proud and not embarrassed that our leaders reacted so swiftly to condemn what is a poisonous ideology.

Misogyny, the hatred of women, is a word that gets thrown around a lot these days. It's used with a sometimes alarming lack of selectivity to describe a gamut of chauvinist-piggishness: from the music videos of Robin Thicke, to groping on Mad Men, to men sitting wide-legged on the subway. It has replaced sexism as the go-to term for discrimination against women.

Overuse and misuse of the term has muddied its meaning. But Roosh V is the real thing. He and his followers (who, by the way, have compiled a list on their website of female journalists whose work they find offensive, on which I assume I will soon appear), are not just harmless sad sacks, like the Men's Rights activists who came to hear Fiamengo speak at U of T. They're not just lonely and pathetic. These guys are Stone Age and scary. They're misogynists. So is their fearless leader. And they should all be dealt with as such.

Misogyny, the hatred of women, is a word that gets used with an alarming lack of selectivity to describe a gamut of chauvinist-piggishness.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

High Hollywood drama, and clichés, on Ghomeshi Day 3

Soap operas have cliffhangers. Apparently, so do sexual-assault trials. Yesterday, the Jian Ghomeshi trial saw testimony from former Trailer Park Boys actor Lucy DeCoutere. It was, as DeCoutere put it, "theatre at its best."

Never more so than when Ghomeshi's lawyer, Marie Henein, drew the entire court to the brink of what she implied would be a major revelation, and then abruptly cut her questioning for the day.

She had pressed DeCoutere, who alleges one count of sexual assault and one of choking, about why she disclosed new emails on Tuesday evening, hours after the trial's first witness saw surprise email evidence in cross-examination.

"I'm going to suggest that after 16 months and 19 interviews in the media, and four press releases, and press releases by your lawyer on the eve of this trial, the very first time that this call gets made is when you know defence might have some of those emails," Henein charged.

DeCoutere said it only became clear Tuesday the information would be "critical."

With gravitas Henein asked one final time: "Do you want to tell his Honour the real conversation that was going on?"

"I'm not sure what you mean," DeCoutere said.

Henein then told the judge she'd like to end here — leaving the gallery agape, and DeCoutere in limbo.

Before facing Henein, DeCoutere commanded her own drama as she described how she "normalized" her relationship with Ghomeshi after she says he choked her and slapped her three times in Toronto in 2003.

It was a feminine cliché that stirred the emotions of women observers, who saw themselves in her: keen to please and to question themselves, afraid to offend.

DeCoutere said she didn't know how to react because she'd "never had an adult hit me before." She decided to stay at Ghomeshi's so that "whatever it was that inspired him to hit me would fade out." She kissed Ghomeshi on the couch, and then spent the weekend seeing him socially. She even sent flowers when she got home to Halifax.

Calling her own behaviour "outrageous" and "ludicrous," she said it was nonetheless authentic. She wanted to get over what happened; she wanted to "kill it," even after, at the Gemini awards, Ghomeshi allegedly cupped his hand around her throat "to remind me he choked me."

Any woman could sympathize with this desire to placate, this urge to self-blame. And it will carry its own power, despite Henein's dramatic twist. Today, we'll find out if that cliffhanger was earned.

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metro WEEKEND
Your essential daily news
MOVIES CULTURE TELEVISION FOOD

George Clooney stars in the latest offering from the Coen Brothers — Hail, Caesar! — which opens this weekend. CONTRIBUTED

O Brothers, we love thou

ANALYSIS

The cream of the canon of Ethan and Joel

Richard Crouse
For Metro Canada

The Coen Brothers have spent most of their careers as critical darlings, favourites of people like me who love the offbeat sensibility they bring to their films.

Their classic work, which includes O Brother Where Art Thou, Barton Fink and of course, the Oscar-winning Fargo, dates back to the early '80s with their breathtaking debut Blood Simple.

The Coens made their name mixing off-the-wall comedy with crime stories. Raising Arizona redefined quirky and The Big Lebowski is a cult classic.

The sibling directors set their new film Hail, Caesar! in a fictional movie studio called Capitol Pictures but populated the story with characters ripped from Hollywood history.

Josh Brolin plays Eddie Mannix, Metro-Goldwyn-Mayer's legendary producer and "fixer." During Tinseltown's Golden Age, Mannix solved star's problems, allegedly using his influence to keep some of the most notorious crimes and scandals on the LAPD blotter under wraps.

The Coens don't hit a home run every time — their romantic comedy Intolerable Cruelty lacked both romance and comedy and The Ladykillers was an ill-advised remake of an Ealing Studios classic — but their genre-jumping resume contains many marvellous films that are as varied as they are entertaining.

Here are three of their movies that translate easily from the arthouse to your house.

MOVIE RATINGS by Richard Crouse

Hail, Caesar!	★★★
Pride and Prejudice and Zombies	★★★
The Choice	★
The Lady in The Van	★★★
Mojave	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

No Country for Old Men

The Coens faithfully adapted Cormac McCarthy's novel, keeping the dark humour, unbearable suspense and high body count, while at the same time tightening up their notoriously loose narrative style.

This is muscular filmmaking, highly structured but not predictable; it's well paced and suspenseful. It's one of their best films.

A Serious Man

Though billed as a comedy, this may be the bleakest film from the Coen Brothers — and these are the same guys who stuffed someone into a wood chipper in Fargo.

The story of a man who thought he did everything right, only to be jabbed in the eye by the fickle finger of fate is a tragic comedy that shows how ruthless real life can be.

Set in 1967 Minnesota A Serious Man is apparently a thinly veiled look at the early life of the Coens, and if this is true, they deserve the designation of tortured artists.

This film is darkly brilliant and funny, but a celebration of life it ain't.

Inside Llewyn Davis

This one is a fictional look at the vibrant '60s Greenwich Village folk scene. Imagine the cover of The Freewheelin' Bob Dylan come to life and you'll get the idea.

More a character study than a traditional narrative, Oscar-nominated Inside Llewyn Davis lives up to its name by painting a vivid portrait of its main character, played by Star Wars' star Oscar Isaac.

It gives us an under-the-covers look at the struggles and naked ambition it takes to get noticed.

Once you get inside Llewyn's head you probably won't want to hang out with the guy in real life, but you won't regret spending two cinematic hours with him.

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5 HAIL, CAESAR! SPOT THE MOVIE REFERENCES

Joel and Ethan Coen aren't afraid to pay direct homage — O Brother, Where Art Thou? merrily riffed on Homer's The Odyssey and The Big Lebowski is a stoner's take on Raymond Chandler's crime fiction. Their new Old Hollywood satire Hail, Caesar! is chock-full of cinematic allusions, many of them obvious MGM classics but others merely implied. Let's play spot the influence with the Coens **TORSTAR NEWS SERVICE**

1 Ben-Hur (1959)

This MGM sword-and-sandals epic, starring Charlton Heston as a Jewish prince betrayed and enslaved by a Roman friend, is the biggest influence of all on Hail, Caesar!, the in-production movie within the movie. It gives the Coens film its ancient Rome set pieces and its celebrity kidnapping main narrative, with George Clooney playing duped doofus superstar Baird Whitlock. **• Bonus references: Quo Vadis, The Robe**

2 Anchors Aweigh (1945)

Channing Tatum plays a dancing sailor in Hail, Caesar!, a pretty straight tribute to song-and-dance icon Gene Kelly, who enjoyed playing a navy man. The shore-leave segment in the Swingin' Dinghy bar, where Tatum's Burt Gurney busts bromantic moves with his mates while singing No Dames!, hat-tips this MGM musical rom-com that teamed Kelly with Frank Sinatra. **• Bonus reference: On the Town**

3 Tumbling Tumbleweeds (1935)

Rising star Alden Ehrenreich plays singing cowboy Hobie Doyle in Hail, Caesar! much like Gene Autry, the crooning cowpoke who could shoot his six-gun as easily as serenade his sweetheart. Any of Autry's films might have inspired the Coens, but the most likely is Tumbling Tumbleweeds, which has a title tune by the Sons of the Pioneers that the brothers used in The Big Lebowski. **• Bonus references: Roy Rogers, Tex Ritter**

4 Million Dollar Mermaid (1952)

Scarlett Johansson's finned diva DeeAnna Moran plays broad tribute to Esther Williams, the real million-dollar mermaid from synchronized swimming extravaganzas choreographed by Busby Berkeley. In this MGM musical biopic, Williams played Australian swim star Annette Kellerman, notorious for being the first major actress to appear nude in a Hollywood film (A Daughter of the Gods). **• Bonus references: Jupiter's Darling, Dangerous When Wet**

5 Ice Station Zebra (1968)

This connection may be a little out-there, even for the Coen Bros., because this Rock Hudson MGM submarine thriller came out nearly a decade after Hollywood's Golden Age ended. But like Hail, Caesar! it has subs, spies and Soviets, and it's based on a real 1959 incident. The Cold War setting is also central to Bridge of Spies, the Oscar-nominated Steven Spielberg movie that the Coens co-wrote. **• Bonus reference: The Enemy Below**

Benjamin Walker and Teresa Palmer star in a film adaptation of the Nicholas Sparks' love story, The Choice. CONTRIBUTED

Nicholas still makes Sparks fly

THE CHOICE

Novelist was inspired by a heart OK with being single

Steve Gow
For Metro

Nicholas Sparks has quite literally mastered the art of the love story.

Not only have the American romance novelist's books sold over 100 million copies globally, but 11 of them have been turned into successful Hollywood hits — including the classic drama The Notebook and last year's The Longest Ride. With the release of his latest passion project The Choice now hitting theatres, we quizzed the wordsmith on his command of the courtship.

The obstacles of romance

Having penned nearly 20 hit novels, Sparks insists the key to a good love story lies in laying down a few roadblocks. In The Choice, veterinarian Travis is convinced a serious affair with neighbor Gabby would only cramp his bachelor lifestyle.

"Conflict is key to any story," insists Sparks. "Something's got to hold the characters apart so that they can overcome that. That's part and parcel with any love story. I certainly didn't (create) this — Shakespeare did it, the Greeks did it."

Write what you know

The author insists that his ideas start close to home; that his "inspiration always starts very small." In the case of The Choice, Travis is even loosely based on Sparks's own brother.

"My brother was a great bachelor for many years," admits Sparks. "It's just someone very comfortable being single and comfortable doing what he likes to do (and I thought) what kind of person would it take to win a heart like that."

The gift of trust

When Nicholas Sparks hands over one of his hit novels to a Hollywood screenwriter, he's happy to relinquish some creative control. But the author does lay some ground rules.

"They're very simple — retain the spirit and the intent of the characters. For instance, lets not make a character a pot-smoking alcoholic just because you think it would be more interesting," said Sparks. "I understand that they're very different mediums — a novel is a story told with words and a film is a story told with pictures — so I don't worry about small changes."

TRUE STORY

Fahmy memoir to be turned into film

The publisher of Mohamed Fahmy's upcoming memoir says a British company will develop the book as a feature film.

Penguin Random House Canada says Fahmy's memoir The Marriott Cell will tell the story of how he and two colleagues of Al Jazeera English were imprisoned in Egypt, and their battle for freedom.

The book is described as a political thriller that covers the arrest, trial and incarceration of bureau chief Fahmy, Australian correspondent Peter Greste and Egyptian producer Baher Mohamed in 2013.

Fahmy and Baher Mohamed were pardoned last September. Greste had previously been deported.

Fahmy's memoir is to be published in October and the publisher says The Development Partnership will turn it into a film.

"A feature is going to allow us to relive and dramatically portray what no news reel grasped; one's inner voice caught in an emotional struggle between lawlessness, failed corporate decisions, and bureaucratic red tape that left us in a vicious Kafkaesque black hole fighting for our lives and that bigger cause of press freedom," said Fahmy in a statement. THE CANADIAN PRESS

Mohamed Fahmy
TORSTAR NEWS SERVICE

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Hosting a horde of fans for the Super Bowl? Or are you crashing somebody's party and bringing something delicious? You could spend a lot of time thinking about what to prepare, or you could just make saucy beer sliders and a decadent creamy dip for the win. THE ASSOCIATED PRESS

Super Bowl snacks that stack up

IN THE SKILLET

A little beer adds a whole lot of flavour to mini burgers

SUPER 50 BOWL

Big provisions are required to watch the big game, and nothing's more substantial than a burger, even in its mini form — the slider.

Indeed, if you plan to serve a variety of dishes for the Super Bowl, sliders are more sensible than the full-sized guys. But they happen to be a little trickier to cook than a standard-issue burger. The slider's size makes it tough to put a nice crust on the outside while ensuring that it doesn't overcook on the inside.

First, the sliders need to be about 3/4 inch thick, not only so they don't overcook, but so you can fit all of them at one time into the skillet.

Second, the skillet needs to be large, a 12-incher. If you don't have a skillet that big, use two smaller ones and cook six sliders in each.

And third, whichever skillet you use, the oil must be heated until it's almost smoking. At the start, you want the burgers to sear, not steam, which is what will happen if the pan isn't hot enough.

At first, the sliders will be crowded together in the skillet, but they'll shrink down as they cook, giving off fat and juices in the process. You deglaze the pan with beer, of course, which mingles intimately with the fat and juices released by the burgers to create a delectable pan sauce.

You can spoon some of this liquid onto the buns before sliding in the burgers, or a more extravagant technique: pour the sauce into ramekins and invite your guests to dunk their sliders into it between bites.

Whatever happens onscreen, you'll be winning at home.

Beer-Steamed Cheese and Mushroom Beef Sliders

Start to finish: 50 minutes
Makes 12 sliders

Ingredients

- 3 Tbsp vegetable oil, divided
- 1/2 cup finely chopped yellow onion
- 3 ounces mushrooms (white, cremini or shiitake), finely chopped
- Kosher salt
- 2 Tbsp finely chopped pitted green olives
- 2 Tbsp finely chopped, drained, canned green chilies
- 3 ounces sliced sharp cheddar cheese, broken into 12 equal pieces
- 1 1/2 pounds ground beef, shaped into 12 sliders, each about 3/4 inch thick
- Ground black pepper
- 1/3 cup beer
- 12 slider buns

Directions

1. In a large (at least 12-inch) skillet over medium, heat 1 tablespoon of the oil. Add the onion and cook until golden, about 8 minutes. Using a slotted spoon, transfer the onion to a bowl. Add another tablespoon of the oil to the pan, the mushrooms and a hefty pinch of salt. Cook, stirring occasionally, until the liquid the mushrooms give off has evaporated, about 5 minutes. Transfer the mushrooms to the bowl with the onion. Reserve the skillet.

2. Add the olives and chilies to the mushroom mixture and stir well. Set aside.

3. Return the skillet to high heat. Add the remaining tablespoon of oil and wait until it is almost smoking. Meanwhile, season the sliders on one side with salt and pepper. When the oil is hot, add the sliders, seasoned side down (it will be a little crowded in the pan), and cook them until they are just browned on the first side, about 2 minutes. Sprinkle the top side of each with salt and pepper, turn the sliders over and cook for another 2 minutes.

4. While the sliders are browning, top each slider with a heaping teaspoon of the mushroom mixture, dividing all of the mixture among the sliders, then place a piece of cheese on top of each. Quickly pour the beer into the pan, all around the sliders, cover the pan and steam for 2 minutes.

5. Turn off the heat and let the sliders sit in the pan for another minute to let the cheese melt completely. Spoon some of the liquid in the skillet onto the tops and bottoms of the buns, transfer the sliders to the buns and serve right away.

THE ASSOCIATED PRESS

Beer steamed cheese and mushroom beef sliders.
MATTHEW MEAD/THE ASSOCIATED PRESS

A CROWD-PLEASING DIP

Hot-and-Creamy Pesto Spinach Dip
Start to finish: 30 minutes (10 minutes active)
Servings: 8

Ingredients

- 2 teaspoons olive or vegetable oil
- 1 teaspoon finely minced garlic
- 9-ounce package frozen chopped spinach, thawed and squeezed to remove excess liquid
- 8-ounce package cream cheese, softened
- 3/4 cup shredded Monterey Jack cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup milk or cream
- 1/4 cup minced fresh basil
- Kosher salt and ground

Directions

1. Heat the oven to 350 F. Coat a shallow, 4-cup baking dish or 9-inch pie pan with cooking spray.

2. In a medium skillet over medium, heat the oil. Add the garlic, stir for 30 seconds, then add the spinach and cook, stirring frequently, until the spinach is cooked and no liquid remains in the pan, about 4 minutes. Remove from the heat and cool.

3. Meanwhile, in a medium bowl, combine the cream cheese, Monterey Jack, Parmesan, milk, basil and a hefty pinch each of salt and pepper. Use an electric mixer to beat until well combined, then add the spinach mixture and mix again until fully incorporated.

4. Transfer the mixture to the prepared pan, smoothing the top, then bake for 20 minutes, or until hot and bubbling.

5. Serve hot with bread or crackers. THE ASSOCIATED PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Snacks

Bite size doesn't mean better — don't let small snacks fool you!

PICK THIS

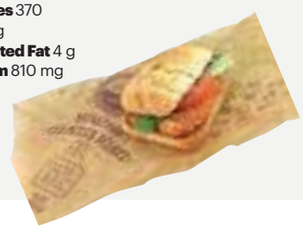
Chipotle Chicken Snack Wrap with Grilled Chicken
(Tortilla, grilled chicken, chipotle barbecue sauce, shredded Monterey Jack & light cheddar cheese, lettuce)

Calories 230
Fat 6 g
Saturated Fat 2.5 g
Sodium 540 mg

SKIP THIS

The Italian McTaster
(Ciabatta bun, Junior Chicken patty, tomato, Parmesan and herb sauce, lettuce, shaved Parmesan)

Calories 370
Fat 18 g
Saturated Fat 4 g
Sodium 810 mg



HERE'S WHY

Equivalent: Same amount of sodium as 6.5 small servings of New York Fries

If you're looking for a quick snack item, McDonald's petite McTasters may seem like a small fast food indulgence. While tiny in size, with its crispy chicken and creamy cheese sauce, it packs full-sized sodium & fat. Opt for a McDonald's snack wrap, with grilled chicken and chipotle barbecue sauce — you'll get 40 per cent less sodium and calories, and three times less fat! Think of it as eating 6.5 small servings of New York Fries — that's bad news for your blood pressure!

DIET

More fibre, less risk of breast cancer: Study

New American research suggests that young and adolescent women should increase their intake of fibre, especially from fruit and vegetables, to reduce the risk of developing premenopausal breast cancer.

This is the first time such extensive research has been carried out to investigate the relationship between a fibre-rich diet and the onset of breast cancer.

The results highlight the importance of a diet including plenty of fruit and vegetables.

In fact, the more fruit and vegetables consumed during young adulthood, the more the risk of developing breast cancer appears to diminish. Scientists leading the study linked this to the effect of fibre on estrogen levels. Dietary fiber tends to reduce high levels of estrogen in the blood, which are strongly linked to breast cancer development.

Maryam Farvid and colleagues at Harvard Chan School were particularly interested in the effects of diet during adolescence, a period of life when breast cancer risk factors appear.

The study followed a group of 90,534 women aged between 27 and 44 in 1991. The results showed that young women eating more fibre in early adulthood had a 12 to 19 per cent lower risk of developing breast cancer (depending how much they ate) than those who ate much less or no dietary fibre. The study found that the benefits were even greater for women who ate high-fibre diets from adolescence. A high fibre intake in early life was found to reduce the overall risk of breast cancer by 16 per cent and cut the risk of premenopausal breast cancer by 24 per cent.

What's more, each additional daily intake — however insignificant it may seem — such as an apple and two slices of wholewheat bread or half a cup of kidney beans or cauliflower, could have a positive impact on the future likelihood of developing breast cancer. The study showed that eating an extra 10 grams of fibre per day in early adulthood reduced the risk of breast cancer by 13 per cent.

Foods with the highest levels of fibre include kidney beans, lentils, wholegrain cereals, fruit and green vegetables. AFP

DRINK PICK

Find the right cooking wine

Geography is the trick to picking the right wine for a dish. If you have a doubt about what to pour into your recipe just look for inspiration from where the recipe was born.

A great example is beef bourguignon. The classic French take on beef stew was conceived in Burgundy, one of France's most famous wine regions.

The wine to use would naturally come from Pinot Noir, the indigenous red grape of Burgundy. But as with any good chef, you can adapt the liquid to meet your budget.

Philippe de Rothschild's 2013 Pinot Noir ($11.79-$13.99) is a solid Pinot with light Burgundian flare that makes a more than reasonable substitute for the real thing.

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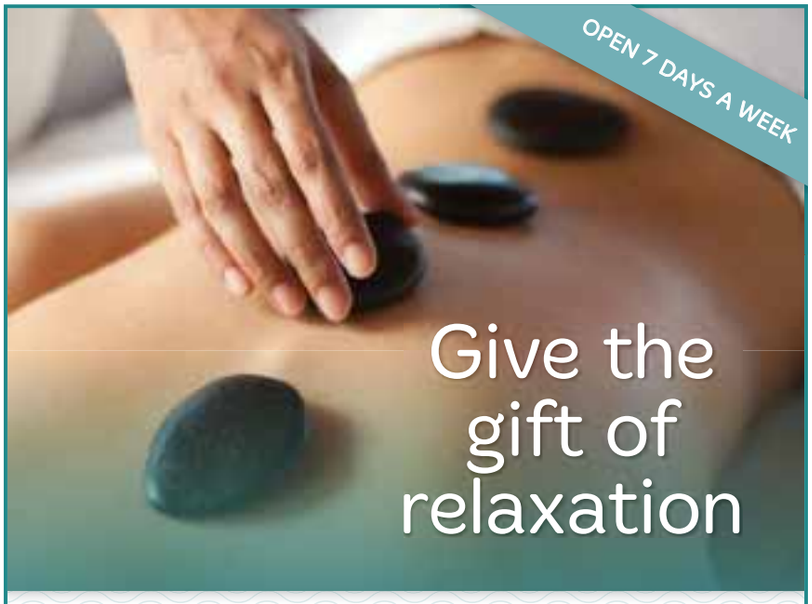
PETER ROCKWELL/ FOR METRO



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Laura Olafson & Rob McLaughlin, photo by Dylan Hewlett

A primer on Navajo Nation vs. Urban Outfitters

LAWSUIT

What you need to know about the suit, likely worth millions

The Navajo Nation is seeking potentially millions of dollars from Urban Outfitters Inc. over clothing, jewelry and other merchandise bearing the tribe's name that the retailer has sold.

The clothing chain asked a federal judge in Santa Fe, New Mexico, on Wednesday to limit how far back in time the tribe can go to seek money over the company's products, which included everything from necklaces, jackets and pants to a flask and underwear with the "Navajo" name.

The judge did not issue an immediate ruling.

The tribe's lawsuit alleging trademark violations has been working its way through the courts for more than three years.

Efforts to settle the case featuring two unlikely foes have failed as the tribe seeks vast sums of money from the company that also owns the Anthropologie and Free People brands. Here are things to know about the case:

What is the Navajo Nation seeking?

The Navajo Nation wants revenue from products sold by Urban Outfitters and its subsidiaries under the "Navajo" name dating back to 2008. The actual amount isn't quantified in court documents, but it could amount to millions of dollars.

On some claims, the tribe wants all the profits generated from the Navajo-themed sales. On others, it wants $1,000 per day per item, or three times the profit generated by marketing and retail of products using the name.

Urban Outfitters says the tribe deserves nothing from 2008 to when the lawsuit was filed, arguing that the company has been burdened by the tribe's unreasonable delay in asserting its alleged rights.

What is the basis of the lawsuit?

The tribe's 2012 lawsuit alleges violations of federal and state trademark laws, including the Indian Arts and Crafts Act, which makes it illegal to sell arts or crafts in a way to falsely suggest they're made by American Indians.

Urban Outfitters says "Navajo" is a generic term for a style or design. The company wants a judge to determine it hasn't infringed upon the tribe's rights and to cancel the tribe's federal trademark registrations.

What is the merchandise in question?

The geometric prints popular in clothing often are inspired by Native American designs. Urban Outfitters said it started using the "Navajo" or "Navaho" name on its products and in marketing as early as July 2001, when the fashion trend was in full swing.

Its subsidiaries followed suit, selling cuffs, necklaces, jackets, pants, a flask and panties, among other items. The companies said they quit selling the products after hearing of the tribe's lawsuit.

The Navajo Nation holds trademarks on the "Navajo" name for things like clothing, footwear and online retail sales.

Navajo policing of trademarks

The lawsuit against Urban Outfitters is the first such action taken by the tribe in U.S. federal court to assert its trademarks.

Former Navajo Nation Attorney General Harrison Tsosie has said the tribe twice protested the unauthorized use of "Navajo" before it sued and sent at least four dozen protest letters afterward.

The tribe relies on its members and an agreement with a Texas-based company that licenses the "Navajo" name to monitor use of the term and alert the tribal government to possible trademark infringement.

What is the Navajo Nation?

The Navajo Nation refers both to the tribal government and to the nearly 70,000 square kilometres that make up the tribe's reservation in Arizona, Utah and New Mexico — the country's largest.

About 180,000 of the 300,000 Navajo tribal members live on the reservation. The tribe's population is second only to the Cherokee Nation.

THE ASSOCIATED PRESS

Items purchased from Urban Outfitters' Navajo line are shown in a 2011 file photo. MATT YORK/THE ASSOCIATED PRESS

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Poison singer Bret Michaels launches luggage line

BRADFORD, PA.

Resort lodge balances class and comfort

Loren Christie
For Metro Canada

The rustic luxury of Glendorn

The Lodge at Glendorn is the perfect combination of cozy and kitschy, and grand. MAIN PHOTO COURTESY THE LODGE AT GLENDORN; STATUE PHOTO LOREN CHRISTIE/FOR METRO

Pittsburgh native Sally Ann Bensur summed it up,

"If you want to wear your snow boots to an elegant dinner then the Glendorn is for you."

Chatting over a beer at the resort's traditional Saturday night Skipper Lake bonfire, this unabashed fan of The Lodge at Glendorn was keen to let me know that this is a special spot.

A three-and-a-half hour drive from Toronto, this year-round 1,600 acre resort in Bradford, Pa., has been the epitome of rustic luxury since it opened its doors to the public in 1995.

Set in a valley below the Allegheny Plateau, the property was originally purchased in the early 1900s by wealthy oil magnate C.G. Dorn and his son Forest as a hunting and fishing camp. The original family dwelling, known as the Big House, offers four guest room suites, a cocktail lounge and a grand dining room anchored by a massive stone fireplace.

Throughout the century there were 12 stand alone cabins built to accommodate the growing Dorn family. Today they are part of the guests' accommodations.

As I walked in to John's Cabin it became apparent that these charming cabins were real vacation homes; each one a time capsule of 20th century Americana, capturing decades of Dorn family history.

John's kitchen looks as if it was lifted off the set of Mad Men's first season — complete with a 1950s oven, a plaid patterned Formica countertop and a bevy of bar tools and swizzle sticks worthy of Don Draper.

The bathrooms are pure 1970s with vanities, tubs and toilets in shades of pale green, mustard yellow and aquamarine, all in pristine condition.

The shelves and walls are full of art, books and board games from the 1980s. Remember Isaac Asimov's Super Quiz?

Whimsical art can be found throughout the property.

"The shelves and walls are full of art, books and board games from the 1980s. Remember Isaac Asimov's Super Quiz?

As part of the Relais & Chateaux collection the resort focuses heavily on the culinary experience.

Guests are invited to enjoy a cocktail in the lounge prior to being seated for dinner.

Although menus are set, Executive Chef Joe Schafer changes the choices every day. The meals I had were incredible; melt in your mouth beef and a peanut butter and jelly inspired dessert with blackberry mousse and candied peanuts were favourites.

Activities include snowmobiling, cross country skiing and curling. Other seasons bring other outdoor options including biking, hiking and fly-fishing.

Sally Ann came last Spring for a fish camp and returned again this past New Year's Eve.

She figured this visit was her twelfth. I have some catching up to do.

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The best stargazing spots in Banff

Is there a better place in the world to see the stars than Canada's first national park, in Alberta? Far from the light pollution of major cities, Banff National Park is a stargazer's paradise. There are few things more powerful than the peace of the Canadian Rockies with a plethora of starlight overhead. In the wintertime, visitors might even catch sight of the northern lights.

TORSTAR NEWS SERVICE; ALL PHOTOS BRANDON VAN SON

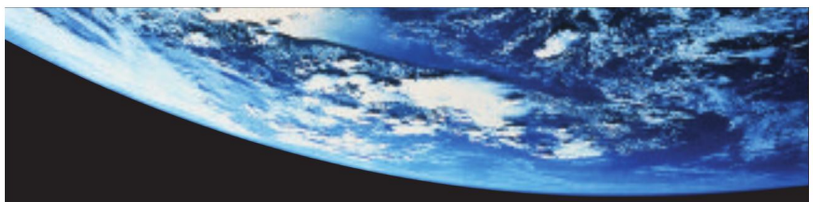
1 **Castle Mountain** — One of the most iconic mountains in Banff National Park is Castle Mountain. You'll find its imposing peaks down the highway between Banff and Lake Louise. Here, views of the stars and milky way will greet stargazers on a clear night.

2 **Lake Minnewanka** — Lake Minnewanka, which is Nakoda for the "Lake of the Water Spirits," is the largest lake in Banff National Park and a beautiful place to be night or day. The lake also seems to be more protected from the clouds by the mountains than other locations.

3 **Morant's Curve** — This is one of the most famous views of Banff National Park. It was here CP Rail had photographs taken for its tourist brochures. With views of some of the most impressive mountain peaks in Alberta, and the Bow River flowing alongside the rail tracks, this is a great place to stargaze or to spot trains.

4 **The Vermilion Lakes** — Travellers don't have to wander far from Banff to see the stars. Just a 30-40 minute walk or a short drive west lie the Vermilion Lakes. These hot-spring-fed lakes are encircled by hiking trails.

5 **Lake Louise** — Since the area is completely open to the public, everyone can enjoy the view. One of the best times for stargazing at Lake Louise is in the winter, when the lake is frozen over and the night skies are at their darkest.



Valentine's Day is delicious if you 'planet' right.

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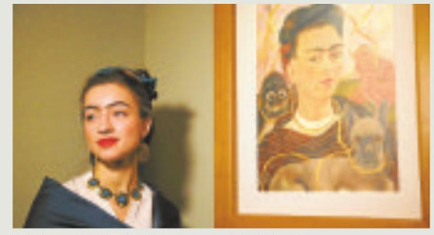
TRAVEL NOTES FRIDA, MYRTLE AND CAIUS

Frida Kahlo arrives in Russia

Russia's first major exhibition dedicated to Mexican surrealist painter Frida Kahlo has opened in a St. Petersburg museum.

The exhibition that opened Tuesday in the Faberge Museum features three dozen works by Kahlo, famous for her poignant self-portraits. Organizers said the exhibit spans Kahlo's career and includes some of her most iconic paintings.

THE ASSOCIATED PRESS



Visitor at a Frida Kahlo exhibit in St. Petersburg. DMITRY LOVETSKY /THE ASSOCIATED PRESS

Myrtle Beach announces 'Dollar for Dollar' deals for Canadians

"Canadian at par." Now there's a term we want to hear as our loonie sinks. Myrtle Beach, S.C., feels our pain so it has just launched a tempting "Dollar for Dollar Deals" promotion that runs through April 30. Canadians can get hotel, dining, entertainment, golf and attraction deals up to 30 per cent off (with a few deals going as far as 65 per cent off). You must show ID to snag the deals.

TORSTAR NEWS SERVICE

Myrtle Beach is courting Canadians.
VISITMYRTLEBEACH.COM

Roman pyramid gets makeover

Rome's only surviving pyramid from ancient times is getting fresh visibility. After a Japanese clothing magnate paid for a cleanup, archaeologists are eager to show off the monument, constructed around 2,000 years ago as the burial tomb for a Roman praetor, or magistrate, named Caius Cestius. Decades of grime blackened the creamy white Carrara marble exterior of the monument near a traffic-clogged intersection near a subway stop.

THE ASSOCIATED PRESS

Cat outside the cleaned-up Roman pyramid.
DOMENICO STINELLIS/THE ASSOCIATED PRESS

Cold War echoes at Diefenbunker

OTTAWA-AREA MUSEUM

Blast from past when nuclear attack seemed real possibility

The Diefenbunker includes a blast tunnel, situation room, hospital and vault for gold. COURTESY DIEFENBUNKER MUSEUM/COSMO CONDINA

Attention spies, don't read this.

Deep beneath the peaceful earth here just west of Ottawa lies the Diefenbunker — a fascinating trip into Canada's Cold War history.

Commissioned by then-prime minister John Diefenbaker, it's a four-storey, 300-room building with 100,000 square feet of space, constructed entirely underground.

It was built to be the refuge for the most important Canadians in case of a nuclear war with the Communists.

"We would have had room for 535 designated people, not just random people who wanted to come in. None would have been allowed to bring their families, including the Prime Minister," says Diefenbunker executive director Henriette Reigel.

It is now one of the Ottawa area's most intriguing attractions, "Canada's Cold War Museum."

Restored to its Mad Men-era sheen, it draws up to 60,000 visitors a year, summoning up a time when it seemed possible that nuclear warheads might be lobbed over the Iron Curtain toward us. It was built to withstand a five-megaton blast from 1.8 kilometres away and keep Canada's leadership functioning underground for up to 30 days. It included a suite for the prime minister, an emergency CBC broadcast studio and a vault to horde the Bank of Canada's gold.

"It was built west of Ottawa because the prevailing winds in Canada blow from west to east," says Reigel. "So if you're ever anticipating a nuclear attack, you should go to west of where you think the bomb is going to land."

The museum is fitted out with map rooms, clunky electric typewriters, rotary phones and groovy plastic chairs.

The site was in official use from 1961 until it was decommissioned in 1994, although as the Cold War waned, it was used for other purposes instead of a top-level hidey-hole.

Its official name was Central Emergency Government Headquarters (CEGH Carp).

It got nicknamed after the jowly, charismatic PM — who was in power from 1957 to 1963 — by journalist George Brimmell, who exposed the story of its development in the Toronto Star. TORSTAR NEWS SERVICE

IF YOU GO ...

Location: 30 kilometres west of Ottawa, just past the village of Carp. Details: diefenbunker.ca.
Hours: Tuesday through Sunday, 11 a.m. to 4 p.m.; from March to December, open daily (except Christmas and New Year's Day).
Admission: Adults, $14; seniors, $13; students, $10; youth 6 to 18, $8. Family rate (two adults and five youth) is $40. Parking is free.
Guided tours: Daily.

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SPORTS

Coldplay lead singer Chris Martin says the band will try to honour Super Bowl halftime shows of the past, present and future on Sunday

APE GOES BANANAS FOR PANTHERS
An ape at the Salt Lake City zoo has predicted the Carolina Panthers will win the Super Bowl. The one-year-old orangutan named Tuah chewed up a cardboard Panthers sign and later kissed a papier-mache Panthers helmet. Tuah's dad picked seven straight winners before dying in 2015.
RAVELL CALL/THE DESERET NEWS/THE ASSOCIATED PRESS

NHL

Oilers on roll with McDavid in the fold

Jordan Eberle scored twice and added an assist as the Edmonton Oilers started their four-game road trip with a 7-2 beating of the Ottawa Senators on Thursday night.

Mark Fayne, Zack Kassian, Andrej Sekera, Leon Draisaitl and Brandon Davidson also scored for the Oilers (21-26-5). Rookie sensation Connor McDavid, playing just his second game since returning from a broken clavicle, had two assists on the night.

Cam Talbot made 26 saves for the win.

It was much of the same for struggling Ottawa (23-23-6), which has now lost three straight and seven of its last ten.

THURSDAY In Ottawa

7	2
OILERS	SENATORS

Craig Anderson allowed three goals on 10 shots before Andrew Hammond came in and allowed four goals on 18 shots.

Mike Hoffman and Mark Stone were the lone Senators to beat Talbot. THE CANADIAN PRESS

IN BRIEF

Moose mangled in clash with AHL-best Marlies
In a matchup between first and last place clubs in the AHL, the Manitoba Moose were thoroughly dominated by the Toronto Marlies, falling 6-2 Thursday night at MTS Centre.

The 11-26-3-4 Moose, who remain in the cellar, had their work cut out for them in their first game back following the all-star break. The 37-8-3-0 Marlies remain the league's top club.

Netminder Eric Comrie — Manitoba's lone 2016 all-star — was mercifully pulled after allowing four goals on 21 shots in 33 minutes.

The Moose will look for a different fate in Saturday's rematch with the Marlies.
DARRIN BAUMING/FOR METRO

Jets' Burmistrov fined for diving against Coyotes
Winnipeg Jets forward Alexander Burmistrov has been fined $2,000 for diving/embellishment.

The NHL announced the fine Thursday. His second citation, which triggered the fine, was over a tripping penalty in the third period against Arizona on Jan. 26.
THE ASSOCIATED PRESS

Cam, Peyton clash on grandest stage

SUPER 50 BOWL

Carolina stands in way of Manning's perfect ending

It's the perfect scenario, a Hollywood-type script: Peyton Manning emulates John Elway and rides off into the sunset with the Lombardi Trophy in his grip.

Will it really happen?

For Manning to take the Denver Broncos to their first NFL title since the team's current general manager, Elway, did in 1999 before retiring, seems the sentimental choice across the nation.

Like Elway, Manning has had a taste of losing in the big game, going 1-2, including a lopsided loss to Seattle two years ago. Elway dropped his first three Super Bowls, then won his final two.

"I am very grateful for the opportunity," the 39-year-old Manning said. "I keep probably repeating myself but I'm honoured to be a part of it, and the other three that I played in, I was honoured to be a part of those as well."

Should this be Manning's final game, he will leave as the most accomplished regular-season quarterback, owning five league MVP awards. He's had a difficult past few seasons, sidelined for 2011 entirely because of neck surgeries, then struggling in last year's playoffs and missing six games in 2015 with a foot injury.

But he also earned that fifth MVP in 2013 before falling to Seattle.

Standing in the Broncos' way, though, is simply the best team in football.

This is the third straight season the top seeds have won conference titles. The Panthers are 17-1, have the league's most prolific offence behind All-Pro quarterback Cam Newton, and a big-play defence. That D might not match the stats of the Broncos (14-4), who ranked first overall, but it's just as impactful.

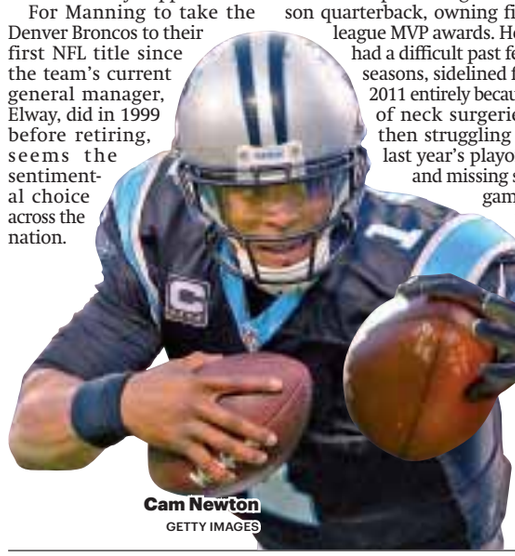
"I sound like a broken record, but yet for a dream to play out as it has through the ups and downs, it just means the world for us to get what you prepare for," says Newton, finishing off his fifth and, by far, best pro season.

"For us, the ultimate goal for this sport is to win a Super Bowl. You win national championships in college and … you try to get drafted to a team that's going to put you in the right position to win a Super Bowl."

That's where the Panthers have arrived. Carolina is a 5-1/2-point favourite to become only the third team to go 18-1 and win the Super Bowl.
THE ASSOCIATED PRESS

PREDICTION

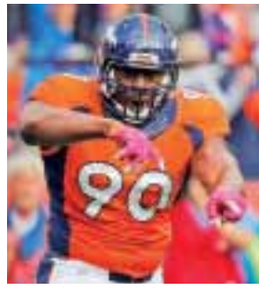
The Associated Press predicts the Panthers will win 27-20, leaving Manning to ponder if he wants to leave football after losing his final game.



Cam Newton
GETTY IMAGES

Peyton Manning
THE ASSOCIATED PRESS

Bronco prepares to play with heavy heart



Antonio Smith is in his 12th year in the NFL, first with the Broncos. THE ASSOCIATED PRESS

At first, Antonio Smith thought about running out of the team hotel and catching the first flight home after his mother awakened him with news of his father's death following heart surgery.

"But I know I got a greater purpose and a greater responsibility here on this stage," Smith said Thursday, a day after that phone call shattered the joy of Super Bowl week for him.

Denver's defensive end will play Sunday when the Broncos take on the Carolina Panthers. It's not so much to honour Marty Christopher Williams, 58, but to salute the way his father lived his life even after being sentenced to life in prison.

"Guys love him and this is just something else to add motivation for this team.
Chris Harris Jr. on teammate Antonio Smith

Williams had been incarcerated in Oklahoma since 1991 for a murder his family contends he didn't commit.

"I would definitely say he was one of my biggest fans and he would have loved for me to play as best as I could for the glory of the Lord in the same way he lived his life," Smith said. "So, I would say more of that."

Smith, 34, is a 12-year NFL veteran who joined the Broncos this season. He posted 2-1/2 sacks in the regular season and another in the playoffs.
THE ASSOCIATED PRESS

3 TRICK PLAYS THAT PAID OFF

Surprising the opposition with a safety blitz or deep pass, sure, but the risk of true trickery is often too steep with a title on the line. Still the reward of a momentum swing can be a viable reason to roll the dice. Here are three of the best Super Bowl trick plays:

1 'AMBUSH' IN MIAMI

New Orleans stunned Indianapolis by recovering the kickoff to start the second half in Miami on Feb. 7, 2010.

The play was called "ambush," a stutter-step tap by rookie kicker Thomas Morstead out of a standard formation with the Colts leading 10-6. The Saints responded with their first touchdown six plays later and went on to win 31-17.

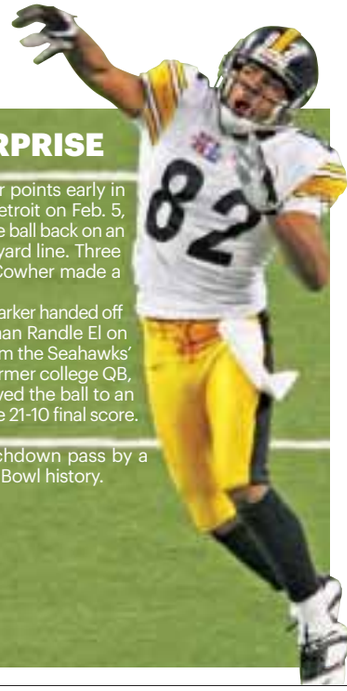
Coach Sean Payton even drew praise for the daring move from U.S. President Barack Obama at the White House ceremony for the first-time champions that summer.

2 STEEL SURPRISE

Leading Seattle by four points early in the fourth quarter in Detroit on Feb. 5, 2006, Pittsburgh got the ball back on an interception at its five-yard line. Three plays later, coach Bill Cowher made a bold call.

Running back Willie Parker handed off to wide receiver Antwaan Randle El on a first-down reverse from the Seahawks' 43. Then Randle El, a former college QB, halted his run and heaved the ball to an open Hines Ward for the 21-10 final score.

That's the only touchdown pass by a wide receiver in Super Bowl history.



3 STICK IT TO 'EM

Dallas had a 10-point lead midway through the fourth quarter in New Orleans on Jan. 15, 1978. After Denver lost a fumble on a sack at its 29-yard line, Cowboys coach Tom Landry ordered the kill shot.

Running back Robert Newhouse grabbed a pitch from Roger Staubach and ran left. He stopped and threw right to Golden Richards for the game-sealing touchdown.

The play became even more of a standout afterward, when Newhouse revealed his anxiety in the huddle stemming from an excess of Stickum, the now-banned substance once used by skill-position players to grip the ball more easily, on his hands. Newhouse was hastily scrubbing it off in the huddle once his assignment became clear.

THE ASSOCIATED PRESS/PHOTOS BY GETTY IMAGES

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RECIPE Fried Egg Sandwich with Avocado Basil Spread

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This sandwich is so simple it almost makes us feel bad calling it a recipe. But then we remember just how good it is when the yolk oozes into the creamy, sweet avocado mixture and all those feeling wash away. Boy were we silly.

Ready in
Prep time: 5 minutes
Total time: 15 minutes
Serves 2

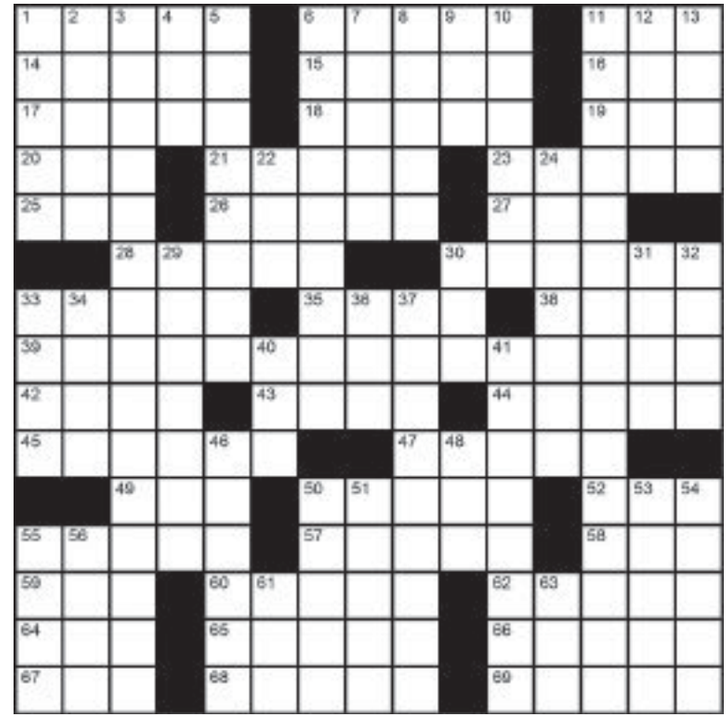
Ingredients
- 1/2 avocado
- 5 basil leaves, torn into pieces
- 1 tsp lemon juice
- Butter for pan
- 2 eggs
- 1/4 shaved Monterey jack cheese
- Salt and pepper
- 4 slices of bread

Directions
1. In a small bowl, mix avocado until smooth. Stir in the lemon juice and pieces of basil.
2. Toast four slices of bread. Spread two slices with avocado mixture. Set aside.
3. Meanwhile, over medium heat, warm a skillet. Add 1 to 2 tsp of butter and allow to melt. Crack the eggs into the pan and leave until whites are nearly cooked then, so the yolks don't break, very gently flip eggs. Allow to cook a few more seconds, and then remove the eggs from the pan.
4. Place an egg on the two slices of bread without avocado spread. Sprinkle the warm egg with cheese as well as salt and pepper. Top the egg side of the sandwich with the slice of bread that has the avocado spread. Cut and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Rap legend Mr. Shakur
6. Rachel of "The Constant Gardener" (2005)
11. Devitalize
14. Lyre-playing Muse
15. Discreet city passageway
16. Fully
17. __ video
18. Puz' like this
19. Spiritual 'way'
20. So far
21. Mary-Kate __
23. Legendary movie critic Roger
25. Celebrated cathedral city
26. __ table (Puts out forks, etc.)
27. __-de-sac
28. __ beam
30. Wheeled
33. Field
35. Some PCs
38. Celeb's ride
39. What the show "Monsters Inside Me" on Animal Planet is all about: 2 wds.
42. Frankie Avalon's "__ Dinah"
43. "Take __ __ song..." - The Beatles
44. Nirvana album, with In
45. Prepares vegetables this way
47. Let's Talk Leftovers: "...as for the __, __ shall keep that for sandwiches tomorrow."
49. Cellular stuff
50. __ Lake Accord
52. Navigator's need
55. Not neat
57. Also: French
58. Pub pintful
59. "__ la la!"
60. Pressure units
62. Montreal-style __
64. Cuckoo bird type
65. Consonant seperators, frequently
66. Watchful
67. Cooking amt.
68. Fathom
69. Corrodes

DOWN
1. "Fiddler on the Roof" (1971) role
2. An archangel
3. Canadian Politics: In 2017, it'll be up for grabs for the Conservatives: 2 wds.
4. __ __ crossroads
5. Stupendous
6. Hair removers: 2 wds.
7. British actor Cary
8. Actress/singer Ms. Massey (b.1910 - d.1974)
9. Sun. delivery
10. Louisiana music style
11. In weather reports, they show things like storm systems swirling above the Earth: 2 wds.
12. Wing-like
13. Conspiracy
22. Jeans brand
24. Steve McQueen movie of 1968 with a big car chase scene
29. Inhabitants of South America's famous mountain chain
30. Pretoria's land [acronym]
31. Urgent situation, briefly
32. "I can only __ __ much." (I need assistance)
33. Tots up
34. Jackie Wilson's "__ Petite"
36. Cote cry!
37. Iconic character of classic Canadian TV: 2 wds.
40. '_' __ in Yukon
41. Seaweed-wrapped appetizer establishment: 2 wds.
46. Washer and dryer company
48. Diana Krall's hubby's initials-sharers
50. Ms. Menounos of showbiz news
51. Across-the-Pond moneys
53. Watchful
54. Hides
55. Castle's protection
56. Geological periods
61. Over, poetically
63. House siding material, for short

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
What you wish for is what you'll get. Believe something good will happen and it most likely will, but if you believe something bad will happen then that's what will occur.

Taurus April 21 - May 21
The sooner you stop blaming others the sooner you'll be able to take control of your fate. Whatever your problems are you still have room to maneuver. Your main task now is to take responsibility for who you are.

Gemini May 22 - June 21
Your reluctance to hurt other people's feelings is holding you back. It's good that you consider others but you need to put your own needs and desires first.

Cancer June 22 - July 23
You're on the verge of something big, something that could bring fame and fortune. Others want to be close to you so some of the glory rubs off on them. There's plenty to go round.

Leo July 24 - Aug. 23
The closer you get to Monday's new moon the more partnerships and relationships will come into play. Today and over the weekend be on the lookout for people whose big personalities mirror your own.

Virgo Aug. 24 - Sept. 23
Even the most livewire of Virgos may start to feel jaded today and the reason is that you are doing too much. It is time to slow down. Don't do more, do less — but do it 10 times better.

Libra Sept. 24 - Oct. 23
You feel good about yourself at the moment and you should be using that feeling to create something substantial. You'll get the chance to do some remarkable things this week.

Scorpio Oct. 24 - Nov. 22
The people you feel closest to emotionally are feeling neglected. Spend time with them. Besides, the phase you have just been through was immensely busy and you deserve some down time.

Sagittarius Nov. 23 - Dec. 21
What happens in the run-up to the new moon on the 8th will make you realize how lucky you are to have certain people as friends. Be more sociable and adventurous than usual!

Capricorn Dec. 22 - Jan. 20
Cosmic activity in the area of your chart that governs what you own and what you earn will bring money matters into sharper focus and you will become aware that certain people have been taking advantage of you.

Aquarius Jan. 21 - Feb. 19
There will rarely be a better time to start in a new direction. Be encouraged to leave old ways behind and explore uncharted territory. You're blessed with the spirit of adventure.

Pisces Feb. 20 - March 20
You have plenty to say — but make sure you can back up claims with facts and figures. Enemies will be looking for ways to trip you up. Don't make it easy for them.

CONCEPTIS SUDOKU by Dave Green

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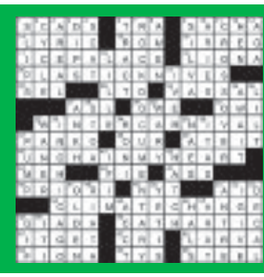

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